**How many kilojoules do I eat in a year?**

Aim: In your own words what do you have to do?

Brainstorm:

* Keep a dairy of all the food you eat for two weeks.
* Is day and night different?
* Are different days of the week different?
* Are different weeks of the year different?
* Different season?
* Do you include drinks? Are they considered a food?

Equipment:

* Calorie counter
* Iphone

Activities you must include.

* Survey about 30 people about food. It could be about their favourite food/takeaway
* Graph the results
* Work out the kilojoules of those foods

Calculations

* Estimate how many kilojoules do you think you may eat in a day
* Neatly set out show all your calculations

Reasoning

* Do your calculations make sense?
* On average a human eats about \_\_\_\_\_\_\_\_\_\_\_\_\_Kilojoules per day. Is a 13 year old different to a 35 year old adult? Is a male different to a female?
* How many kilojoules do you eat in a day? Month? The Year?
* How can you calculate this?

Conclusion

* Write three or four sentences stating your answer giving reasons for your solution.